

HARVEST OF THE MONTH PRESENTS...



HARVEST HEROES!



SEPT
2007

SORRY DISEASE, THERE'S
JUST NO CONTEST...

YOU'RE NO MATCH FOR THE
HEROES OF THE HARVEST!



Featuring this month's heroes...

THE AMAZING APPLES!

APPLES REALLY MAKE MY
DIGESTIVE SYSTEM GO

FOOM!

HOW DO THEY DO IT?!!

HOW DO APPLES HELP

Zzap!

MY NERVES,
HEART, MUSCLES AND
KIDNEYS TO WORK?!!!

HOW DO APPLES HELP ME

Smash!

DISEASE?!!!

This material was created and approved as an extension to the Harvest of the Month tool kit developed by the Network for a Healthy California.

FIND OUT INSIDE!



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.



TABLE OF CONTENTS

WHO ARE THESE GLYS?!!

- AUTOBIOGRAPHICAL POEM: "GROW-ETRY" PAGE 1
- "TOP SECRET INFO.": PAGE 2
 - APPLES' POWERS
 - HOW TO GET APPLES' POWERS
 - WHEN ARE APPLES "IN SEASON"?
 - DID YOU ALSO KNOW?

ACTIVITIES.

- ACTIVITY OVERVIEW (WITH CA CONTENT STANDARDS) PAGE 3
- CIRCLE MAP® PAGE 4
- DOUBLE BUBBLE MAP®: "THE APPLE FAMILY TREE" PAGE 5
- LABEL READING: "CRACK THE NUTRITION FACTS" PAGE 6
- APPLE SELECTION: "PICK AN AMAZING APPLE." + KEY PAGE 7-8
- DRAW US PAGE 9

EXPERIENCE THE TASTE...

- USE YOUR SENSES PAGE 10
- RATE THE TASTE PAGE 11
- PARENT NEWSLETTERS (ENGLISH & SPANISH) PAGE 12-13

EVALUATION

& TIME LOG...

- EVALUATION PAGE 14
 - TIME LOG & INSTRUCTIONS PAGE 15-16
- FUNDING OF THIS PROGRAM REQUIRES BOTH TYPES OF DOCUMENTATION...
THANK YOU!!!



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.



THE AMAZING APPLES!

GROW-ETRY.

HOW WE GREW TO BE THE HEROES WE ARE...

WE'RE HONORED TO BE RECOGNIZED AS THIS MONTH'S HEROES,
WORRIED ABOUT DISEASES? THERE'S NO REASON TO FEAR-O!
WE'RE DARING, YET TASTY... ABUNDANT, YET UNIQUE,
WE'RE PERFECT RIGHT NOW BECAUSE WE'RE AT OUR PEAK!

WE'VE BEEN ON THIS PLANET FOR OVER 2 1/2 MILLION YEARS,
WE SURE HAVE HAD ONE LONG, DISEASE-FIGHTING CAREER...
IT WASN'T UNTIL THE 1800'S WHEN WE SAID, "CALIFORNIA, WHASSUP YO!"
THE CENTRAL AND NORTHERN COASTS ARE WHERE WE BEGAN TO GROW...

WOULD YOU BELIEVE THERE ARE 7,500 AMAZING APPLES IN OUR FAMILY SO LARGE?
DISEASES CRY WHEN THEY SEE US COMING, THEY KNOW WHO'S IN CHARGE...
AND HERE IN YOUR STATE, AT LEAST 12 OF OUR FAMILY THAT ARE GROWN,
WE TASTE SO GOOD, WE SMELL SO GOOD... HEARD OF "PHYTOCHEMICAL COLOGNE"?!!

THERE'S THE GALA AND THE FUJI, SO SWEET AND CRISPY WHEN YOU CHEW,
BRAEBURN, MCINTOSH AND JONATHAN ARE ALSO OF A RED AND SLIGHT CREAM HUE...
AND WHO EVER SAID THAT SUPERHEROES CAN'T WEAR HOT PINK?
I DARE DISEASE TO TELL PINK LADY, SHE'LL BUST THEM UP BEFORE THEY BLINK...

DON'T MESS WITH OUR GRANNY SMITH, SHE MAY BE GREEN BUT SHE'S GOT BULK,
KINDA LIKE A MUCH STRONGER VERSION OF THAT GREEN GUY YOU CALL "THE HULK"...
AND LIKE FERGIE, RED DELICIOUS, OR GOLDEN DELICIOUS, MAKE THEM BAD GUYS LOCO,
THEY WANT OUR TREASURES, THEY CAN'T HAVE IT, THAT IS SURE NO JOKE-O...

OUR TREASURES WE HAVE, WE SAVE FOR YOU, FOR YOU ARE WHO WE PROTECT,
PHYTOCHEMICAL POWERS SO STRONG WE USE, SO DISEASE CANNOT INFECT...
POTASSIUM KEEPS YOUR ORGANS WORKING, FIBER KEEPS YOUR INTESTINES FLUSHED,
OUR FIBERS ALSO SCRUB YOUR TEETH, DENTISTS CALL US "NATURE'S TOOTHBRUSH"...

ENJOY US RAW, AND IN RETURN, RECEIVE A SWEET OR A TART CRUNCH,
APPLESAUCE AS AN AFTER SCHOOL SNACK, OR PACKED RIGHT IN YOUR LUNCH...
APPLES DIPPED IN YOGURT, DIPPED IN A FLAVORED LOW-FAT CREAM CHEESE,
IN A SALAD OR SOME PANCAKES, YOU WILL LIKE US GUARANTEED!

IN THE FALL IS WHEN OUR TREES BEAR AMAZING APPLES AT THEIR PEAK,
WHEN YOU FINALLY PICK US AT THE STORE, THERE IS A GOOD TECHNIQUE...
MAKE SURE OUR SKIN IS FIRM AND SHINY, BRUISES WE SHOULD BE WITHOUT,
IF WE'RE SOFT AND WRINKLY, A LITTLE WORM JUST MIGHT POP OUT!

WE'RE HONORED TO BE RECOGNIZED AS THIS MONTH'S HEROES,
WORRIED ABOUT DISEASES? THERE'S NO REASON TO FEAR-O!
WE'RE DARING, YET TASTY... ABUNDANT, YET UNIQUE,
WE'RE PERFECT RIGHT NOW BECAUSE WE'RE AT OUR PEAK!

- BEN BRATCHER, 2007



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.



TOP SECRET INFO.

APPLE POWERS!

FIBER!

Fiber not only helps keep energy levels steady, but also helps keep your intestines working to prevent constipation.

POTASSIUM!

Vital for normal muscle contraction, nerve impulses, the functioning of the heart and kidneys, and blood pressure regulation.

TEETH CLEANER!

Dentists call the apple "nature's toothbrush"... apple fibers scrub the teeth; chewing helps the teeth and gums healthy by eliminating bacteria in the mouth.

PHYTOCHEMICALS!

Pronounced "Fie-toe-KEM-ih-kuhls," these powerful plant chemicals strengthen your body against diseases like cancer and heart disease!

HOW TO GET APPLE POWERS

- Raw apples with the skin provide the most punch!
- Get hold of some "no sugar added" applesauce!
- Ever tried a "Waldorf salad"? Add to your salad greens some cut up apple, celery, raisins and walnuts, topped with a low-fat creamy dressing!
- Add sliced apples to a toasted bagel spread with cream cheese and sprinkled with cinnamon.
- Try an apple pizza, with sliced apples on an english muffin, topped with shredded cheese!
- Slice apples and dip them in peanut butter, yogurt, or a flavored low-fat cream cheese!
- Two words: Apple pancakes!

WHEN ARE APPLES "IN SEASON"?

Fruits and vegetables harvested right now are "in season; they are ready to be picked from the trees and eaten... they're at their freshest point - their peak!

California's climate ensures a steady supply of fresh apples from July to November; each variety will peak at different times in the fall. While they are freshest during this time, they may be stored under conditions that make them available month after month...

DID YOU ALSO KNOW?

1

About 2,500 varieties of apples are grown in the United States, and more than 7,500 are grown worldwide.

2

An average apple tree produces 2,000 apples every year.

3

Apples used to replace fat and butter in baked goods. (Replace fats in recipe with an equal volume of applesauce plus 1/3 of the oil called for in the recipe.)

4

Fresh apples float because 25% of their volume is air. Try it!

5

From 1795 to 1845 John Chapman (a.k.a. "Johnny Appleseed") planted apple seeds in Illinois, Indiana, Kentucky, Pennsylvania, and Ohio.



ACTIVITY OVERVIEW: 5-8

ACTIVITY CALIFORNIA CONTENT STANDARDS

KWL Chart: "What Do You Know?"	5	<ul style="list-style-type: none"> Reading Comprehension 2.3 Discern main ideas and concepts presented in texts, identifying and assessing evidence that supports those ideas; 2.4 Draw inferences, conclusions, or generalizations about text and support them with textual evidence and prior knowledge.
Circle Map® and the Double Bubble Map®: The Apple Family Tree	5	<ul style="list-style-type: none"> Reading Comprehension 2.3 Make and confirm predictions about text by using prior knowledge and ideas presented in the text itself, including illustrations, titles, topic sentences, important words, and foreshadowing clues; 2.4 Evaluate new information and hypotheses by testing them against known information and ideas.
	6	<ul style="list-style-type: none"> Reading Comprehension 2.2 Analyze text that uses the compare-and-contrast organizational pattern; 2.3 Connect and clarify main ideas by identifying their relationships to other sources and related topics; 2.4 Clarify an understanding of texts by creating outlines, logical notes, summaries, or reports.
	7	<ul style="list-style-type: none"> Listening and Speaking Strategies 1.5 Arrange supporting details, reasons, descriptions, and examples effectively and persuasively in relation to the audience.
	8	<ul style="list-style-type: none"> Reading Comprehension 2.3 Find similarities and differences between texts in the treatment, scope, or organization of ideas; 2.4 Compare the original text to a summary to determine whether the summary accurately captures the main ideas, includes critical details, and conveys the underlying meaning.
Label Reading: "Crack the Nutrition Facts"	5	<ul style="list-style-type: none"> Reading Comprehension 2.1 Understand how text features (e.g., format, graphics, sequence, diagrams, illustrations, charts, maps) make information accessible and usable.
	6	<ul style="list-style-type: none"> Reading Comprehension 2.1 Identify the structural features of popular media (e.g., newspapers, magazines, online information) and use the features to obtain information.
	7	<ul style="list-style-type: none"> Reading Comprehension 2.1 Understand and analyze the differences in structure and purpose between various categories of informational materials (e.g., textbooks, newspapers, instructional manuals, signs); 2.2 Locate information by using a variety of consumer, workplace, and public documents.
	8	<ul style="list-style-type: none"> Reading Comprehension 2.1 Compare and contrast the features and elements of consumer materials to gain meaning from documents (e.g., warranties, contracts, product information, instruction manuals).



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.



ACTIVITY OVERVIEW: 5-8

ACTIVITY CALIFORNIA CONTENT STANDARDS

Apple Selection: "Pick an Amazing Apple."	5	<ul style="list-style-type: none"> Word Analysis, Fluency, and Systematic Vocabulary Development 1.3 Understand and explain frequently used synonyms, antonyms, and homographs.
	6	<ul style="list-style-type: none"> Word Analysis, Fluency, and Systematic Vocabulary Development 1.4 Monitor expository text for unknown words or words with novel meanings by using word, sentence, and paragraph clues to determine meaning. 1.5 Understand and explain "shades of meaning" in related words (e.g., softly and quietly).
	7	<ul style="list-style-type: none"> Word Analysis, Fluency, and Systematic Vocabulary Development 1.3 Clarify word meanings through the use of definition, example, restatement, or contrast.
	8	<ul style="list-style-type: none"> Word Analysis, Fluency, and Systematic Vocabulary Development 1.3 Use word meanings within the appropriate context and show ability to verify those meanings by definition, restatement, example, comparison, or contrast.
Draw Us.	5	<ul style="list-style-type: none"> Creative Expression 2.4 Create an expressive abstract composition based on real objects.
	6	<ul style="list-style-type: none"> Creative Expression 2.1 Use various observational drawing skills to depict a variety of subject matter. 2.2 Apply the rules of two-point perspective in creating a thematic work of art; 2.3 Create a drawing, using varying tints, shades, and intensities.
	7	<ul style="list-style-type: none"> Creative Expression 2.5 Interpret reality and fantasy in original 2-dimensional and 3-dimensional works of art.
	8	<ul style="list-style-type: none"> Connections, Relationships, Applications 5.2 Create a painting, satirical drawing, or editorial cartoon that expresses personal opinions about current social or political issues.
Use Your Senses	5	<ul style="list-style-type: none"> Writing Applications 2.4 Write persuasive letters or compositions: (a) State a clear position in support of a proposal. (b) Support a position with relevant evidence. (c) Follow a simple organizational pattern.
	6	<ul style="list-style-type: none"> Writing Strategies 1.1 Choose the form of that best suits the intended purpose.
	7	<ul style="list-style-type: none"> Writing Strategies 1.2 Support all statements and claims with anecdotes, descriptions, facts and statistics, and specific examples.
	8	<ul style="list-style-type: none"> Writing Applications 2.4 Write persuasive compositions (b). Present detailed evidence, examples, and reasoning to support arguments, differentiating between facts and opinion.



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.



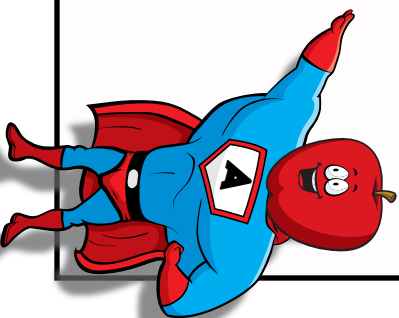
THE AMAZING APPLES!

WHAT DO YOU KNOW?

WHAT DO I WANT TO LEARN ABOUT APPLES?

WHAT DO YOU ALREADY KNOW ABOUT APPLES?

WHAT DID I LEARN ABOUT APPLES?

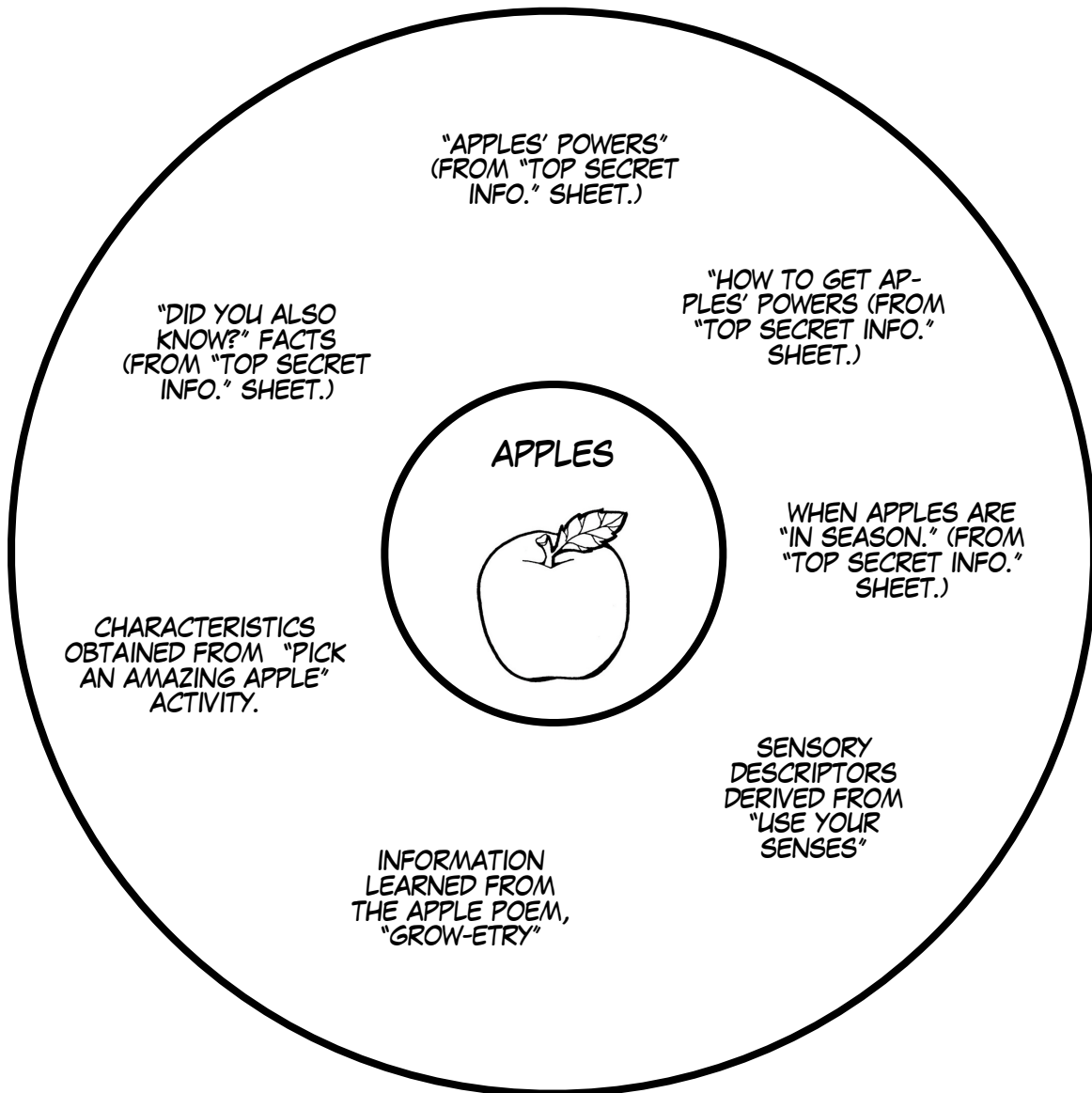


THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.



CIRCLE MAP®

POSSIBLE IDEAS TO INCLUDE IN THE FORMATION OF A CIRCLE MAP® ABOUT APPLES...



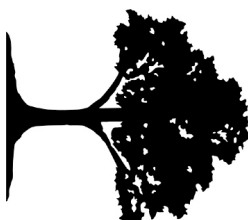
THE AMAZING APPLES!

DOUBLE BUBBLE MAP®: THE APPLE FAMILY TREE.

CAN YOU IMAGINE HOW MANY CRIMINALS WOULD BE BEHIND BARS IF THERE WAS NOT JUST ONE SUPERMAN BUT 7,500 SUPERMEN? HOW ABOUT 7,500 WONDERWOMEN? IF THIS WERE TRUE, WE WOULD FEEL SAFE WHEREVER WE WERE.

BUT NOT TO FEAR, THERE IS A SUPERHERO THAT ISN'T LIMITED TO JUST ONE... THE AMAZING APPLES! HAVE 7,500 VARIETIES AROUND THE WORLD, HELPING FIGHT DISEASE, KEEPING OUR BODIES HEALTHY. CAN YOU BELIEVE 12 OF THEIR FAMILY ARE GROWN RIGHT HERE IN OUR VERY OWN CALIFORNIA?!! LOOK AT ALL THE DISEASE THAT IS FOUGHT WITH THIS AMAZING FAMILY TREE. SUPERMAN JUST CAN'T COMPETE WITH THE AMAZING APPLES!

FOLLOWING ARE SOME OF THE HEROES IN THE APPLE FAMILY THAT ARE GROWN IN CALIFORNIA.. CHOOSE 2 OF THESE "SUPER FOODS" AND DRAW A DOUBLE BUBBLE MAP COMPARING AND CONTRASTING THEM. DON'T FORGET TO USE THE "GROW-ETRY" AND "TOP SECRET INFO." PAGES FOR MORE INFO...



GALA

- THIS NEW ZEALAND SUPERHERO WAS BROUGHT TO THE U.S. IN THE EARLY 70'S
- CRISP, JUICY AND VERY SWEET, GALA IS EXCELLENT FOR SNACKS OR SALADS.
- THEY HAVE A NICELY ROUNDED SHAPE AND CAN VARY IN STRIPES OF COLOR FROM CREAM TO BRIGHT CHERRY-RED.
- CALIFORNIA GALA APPLES ARE THE FIRST APPLES OF THE SEASON AND ARE IN SEASON FROM MID-JULY THROUGH DECEMBER.

GRANNY SMITH

- NEVER THOUGHT OF GRANDMA SAVING THE DAY, HUH? DISCOVERED BY "GRANNY" ANNE SMITH IN AUSTRALIA IN 1868. THESE APPLES CAN BE EASILY RECOGNIZED BY THEIR GREEN COLOR AND TART TASTE.
- THIS GRANNY IS VERY FIRN. SLIGHTLY LARGER AT TOP THAN BOTTOM... MUST BE ALL THE WORKING OUT SHE DOES TO BUILD THAT UPPER BODY STRENGTH, HUH?
- THEY TAKE LONGER TO SPOIL THAN OTHER APPLES AND CALIFORNIA GRANNY SMITHS ARE IN SEASON FROM MID-AUGUST THROUGH JUNE.

FUJI

- THIS HERO WAS BORN IN JAPAN AND NAMED AFTER THE COUNTRY'S FAMOUS JAPANESE MT. FUJI.
- FUJI APPLES ARE SWEET, JUICY AND AROMATIC, WITH A CRISP AND RICH TEXTURE.
- THIS WARRIOR HAS A ROUND SHAPE AND IS GENERALLY LARGE TO EXTRA LARGE IN SIZE (DISEASE-FIGHTING ISN'T FOR THE WEAK).
- THEY RANGE IN COLOR FROM GOLDEN-HUED TO RED AND OFTEN SHOW A RED STRIPING OR BLUSH.
- FUJI APPLES ARE EXCELLENT FOR EATING AND BAKING.
- THEY STORE AND TRAVEL WELL DUE TO THEIR DENSE CRISP INTERIOR. LOOK FOR CALIFORNIA FUJI APPLES FROM MID-SEPTEMBER THROUGH APRIL.

PINK LADY

- WHO SAID SUPERHEROES CAN'T WEAR HOT PINK? CRISP FALL NIGHTS BRING ON THE BRIGHT PINK COLOR THAT GIVES THE APPLE ITS NAME.
- ORIGINALLY FROM AUSTRALIA, THIS APPLE HAS A UNIQUE SWEET-TART FLAVOR AND IS VERY CRISPY. SOME PEOPLE SAY IT IS LIKE A GALA WITH A ZING!
- THIS IS A LATE SEASON APPLE WITH AVAILABILITY IN CALIFORNIA FROM MID-OCTOBER THROUGH APRIL.



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.



CRACK THE NUTRITION FACTS.

YOU DON'T NEED X-RAY VISION OR ANY SPECIAL GOGGLES TO READ THE NUTRITION FACTS LABEL. IT'S EASY WITH PRACTICE. FOLLOWING ARE 3 NUTRITION FACTS LABELS. HELP CRACK THE NUTRITION FACTS BY ANSWERING THE FOLLOWING QUESTIONS:

AN AMAZING APPLE!

Nutrition Facts	
Serving Size	1 medium apple (154g/5.5 oz.)
Amount per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 170mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	Iron 2%

"BAKED" HOT CHEESE PUFFS

Nutrition Facts	
Serving Size: About 21 pieces (28 g)	
Servings per Container: About 4	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber less than 1g	2%
Sugars less than 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 4%

"REGULAR" HOT CHEESE PUFFS

Nutrition Facts	
Serving Size: About 21 pieces (28 g)	
Servings per Container: About 4	
Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

- CIRCLE WHAT "SERVING SIZE" IS ON ALL 3 LABELS. WHAT IS A "SERVING" OF HOT CHEESE PUFFS? _____ PIECES
- CIRCLE THE TOTAL FAT GRAMS (G) ON ALL 3 LABELS. THIS IS THE AMOUNT OF FAT IN ONE SERVING. (SO IF YOU HAVE MORE THAN 21 PIECES OF HOT CHEESE PUFFS, THAT IS MORE THAN ONE SERVING AND THAT WILL INCREASE THE AMOUNT OF TOTAL FAT!)
WHICH OF THE 3 HAS THE MOST TOTAL FAT (IN ONE SERVING)? _____ THE LEAST? _____
- CIRCLE THE NUMBER OF "SERVINGS PER CONTAINER" ON ALL 3 LABELS. THIS NUMBER REFERS TO THE AMOUNT OF SERVINGS THAT ARE IN ONE ENTIRE PACKAGE.
 - IF YOU WERE REALLY HUNGRY AND YOU ATE ONE WHOLE BAG OF "BAKED" HOT CHEESE PUFFS, HOW MANY GRAMS OF TOTAL FAT WOULD YOU BE EATING? CIRCLE THE CORRECT ANSWER. (HINT: MULTIPLY THE "SERVINGS," 4, TIMES THE FAT GRAMS, 5.)
A. 5 GRAMS OF FAT B. 15 GRAMS OF FAT C. 20 GRAMS OF FAT D. 25 GRAMS OF FAT
 - HOW MANY CHEESE PUFFS IN 2 SERVINGS? _____ PIECES. HOW MANY GRAMS OF TOTAL FAT IN 2 SERVINGS OF "BAKED" HOT CHEESE PUFFS? _____ (HINT: MULTIPLY THE "SERVINGS" OF 2, TIMES THE GRAMS OF FAT, 5.)
 - HOW MANY GRAMS OF FAT IN ONE WHOLE BAG (4 SERVINGS) OF "REGULAR" HOT CHEESE PUFFS? _____
 - WHICH IS A HEALTHIER CHOICE BETWEEN THE 2 BAGS (BASED ON TOTAL FAT)? _____
- CIRCLE THE AMOUNT OF FIBER ON EACH LABEL. IF A "GOOD SOURCE OF FIBER" IS EQUAL TO 2½ GRAMS OF FIBER OR MORE PER SERVING, WHICH ONE OF THESE FOODS IS A "GOOD SOURCE"? _____ NAME 2 REASONS WHY FIBER IS HEALTHY FOR OUR BODIES: _____ AND _____ (HINT: CHECK OUT THE "TOP SECRET INFO." PAGE.)
- HOW WOULD YOU REDUCE THE AMOUNT OF FAT YOU EAT, WHILE STILL ENJOYING THE TASTE OF HOT CHEESE PUFFS, AND GETTING ALL THE POWERS OF THE AMAZING APPLE? BE SPECIFIC. _____



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.



THE AMAZING APPLES!

PICK AN AMAZING APPLE.

WHAT ARE THE CHARACTERISTICS YOU SHOULD LOOK FOR WHEN SELECTING APPLES AT THE GROCERY STORE? CIRCLE THE QUALITIES YOU WANT TO LOOK FOR WHEN PICKING OUT AN "AMAZING" ONE:

FIRM

STORED IN A
WARM AREA

DULL SKIN
APPEARANCE

TIGHT SKIN

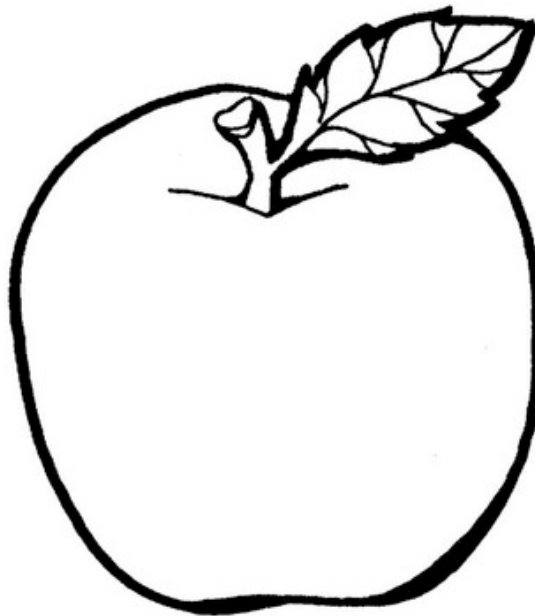
DENTS EASILY
WHEN PRESSED

BRUISES

BROWN SPOTS

SOFT

HARD



STORED IN A
COOL AREA

WRINKLY SKIN

SHINY SKIN



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.



PICK AN AMAZING APPLE.

TEACHER'S KEY

WHAT ARE THE CHARACTERISTICS YOU SHOULD LOOK FOR WHEN SELECTING APPLES AT THE GROCERY STORE? CIRCLE THE QUALITIES YOU WANT TO LOOK FOR WHEN PICKING OUT AN "AMAZING" ONE:

STORED IN A
WARM AREA

DULL SKIN
APPEARANCE

FIRM

DENTS EASILY
WHEN PRESSED

TIGHT SKIN

BROWN SPOTS

BRUISES

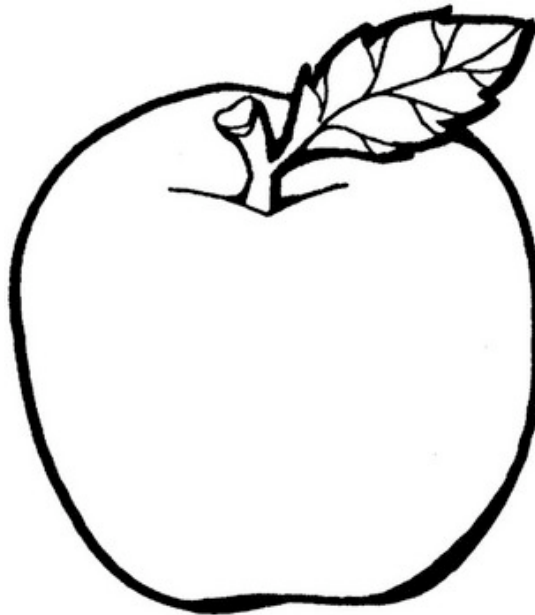
HARD

SOFT

WRINKLY SKIN

STORED IN A
COOL AREA

SHINY SKIN



THE
**AMAZING
APPLES!**

DRAW US.





BASED ON WHAT YOU'VE LEARNED ABOUT 'THE AMAZING APPLES', DRAW A PICTURE OF WHAT YOU THINK THEY WOULD LOOK LIKE WHEN THEY'RE OUT FIGHTING DISEASE. KEEP IN MIND THEIR POWERS, WHEN THEY'RE IN SEASON, HOW TO PICK THEM, AND OTHER FACTS THAT MAKE THEM ABSOLUTELY 'AMAZING'!



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.



USE YOUR SENSES

		APPLE #1	APPLE #2	APPLE #3
	COLOR			
	SIZE			
	SHAPE			
	OTHER			
	FEEL OF SKIN			
	TEXTURE OF FLESH			
	TASTE			
	SMELL			

WRITE A FEW SENTENCES PERSUADING YOUR MOM OR DAD TO TRY ONE VARIETY OF THE "AMAZING APPLES" YOU TRIED:

THE
AMAZING
APPLES!

RATE THE TASTE




DATE: _____

SCHOOL: _____

GRADE: _____

TEACHER NAME: _____

CIRCLE ONE:

VERY GOOD	OK	NOT GOOD
		

CHECK ONE:

WOULD YOU EAT
AN APPLE AGAIN?

☐ YES

☐ NO

COMMENTS: _____



THE
AMAZING
APPLES!

RATE THE TASTE




DATE: _____

SCHOOL: _____

GRADE: _____

TEACHER NAME: _____

CIRCLE ONE:

VERY GOOD	OK	NOT GOOD
		

CHECK ONE:

WOULD YOU EAT
AN APPLE AGAIN?

☐ YES

☐ NO

COMMENTS: _____

EVALUATION

School: _____

Date: _____

Students: _____

Teacher Name: _____

Grade: _____

PART 1

Before and after the taste test nutrition lesson, please ask the students to respond to the following questions by a show of hands. Please write down the number of hands in the appropriate boxes here:

	before	after
1. Who likes to eat Fruits & vegetables?		
2. Who eats at least 1 Fruit every day?		
3. Who eats at least one vegetable every day?		
4. Who will eat an apple?		

PART 2

- Which of the Tool Kit materials were most useful? (Mark all that apply.)
☐ Parent Material ☐ Taste Test ☐ "Grow-etry"/"TopSecret Info."
☐ The Following Activity(ies): _____
- Please note how much time was spent on the Activity(ies): _____
- What nutritional concept(s) did you emphasize? (Mark all that apply.)
☐ Try new Foods
☐ Eat Fruits & vegetables at school breakFast & lunch
☐ Growing students need 1½ cups Fruits & 2½ cups vegetables
☐ USDA's MyPyramid provides dietary guidance
☐ Other: _____
- What core subjects did this lesson reinforce? (Mark all that apply.)
☐ English Language Arts ☐ Math ☐ Social Science ☐ Science
- What changes in your classroom have you made/will you make after participating in the taste test activities? _____

- Comments/Suggestions (If more space needed, please use back.):

DON'T FORGET!

Funding of this program requires 2 types of documentation:

1. EVALUATION

Submit this page to Elizabeth Vera at x 7966 or x 5986 as soon as possible.

2. TIME LOG

Submit every month. The next one is due **OCTOBER 1st.**

THANK YOU!



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA NUTRITION NETWORK FOR HEALTHY, ACTIVE FAMILIES. THESE INSTITUTIONS ARE A EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542.

